

# PRIME TIME NEWS

## MOUNTAIN VIEW SENIOR CENTER

OCTOBER  
2011

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### SENIOR CENTER HOURS

**Monday - Wednesday**  
8:30 a.m. - 9:00 p.m.

**Thursday - Friday**  
8:30 a.m. - 5:00 p.m.

### FRIGHTENINGLY SUPER SENIOR CENTER STAFF

DIANE "MONSTER MASH"  
ATIENZA

SARAH FOSTER'S  
"BRAIN FREEZE" (acting)  
Recreation Coordinators

MORGAN "MYRA MAINS"  
BYLER

NANCY "DREW" HUGYIK

CYNTHIA "THE MUMMY"  
SPINELLA

Recreation Specialists

Earlene Minnis  
LUNCH PROGRAM  
650-964-6586

EVENING BUILDING  
ATTENDANTS  
Manny Canaan  
Allie Ching  
Jose DeAnda  
BJ Hathaway  
Angelika Ignaitis  
Rich Stephens

**WORKSHOPS:** Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

### **HOW DOES YOUR GARDEN GROW?**

How can you maintain a beautiful garden and your water bill? Join Elizabeth Flegel from the City of Mountain View as she gives a presentation on water consumption and conservation. Learn about lawn alternatives, growing native plants, and programs in our area that could save you water AND money.

**Date: Wednesday, October 5 at 2:30 p.m.**

**Location: TBA**

### **SUDOKU BEGINNING TO ADVANCED**

Sudoku novices and Sudoku experts! Calling one and all to join us for this special two-part workshop as Dick Guertin takes us on a whirlwind tour of simple tips to solve Sudoku puzzles. He will start with a beginning course, and then introduce more advanced techniques like the "phantom find", starting around 2:00 p.m. Come for one or both sessions!

**Time: Thursday, October 13 at 1:00 p.m.**

**Location: TBA**

### **DIGITAL PHOTOS**

Learn how to download pictures from your camera onto the computer. All participants must bring their digital camera, connector cable, and a flash drive to store the pictures. Don't forget to take fun pictures before the workshop! All participants must have basic computer skills.

**Date: Wednesday, October 19 at 2:30 p.m.**

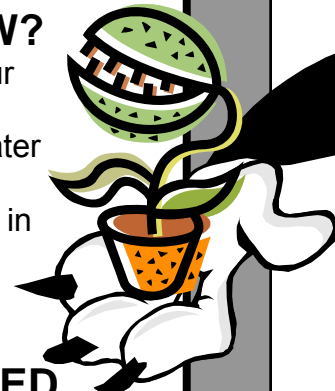
**Location: Technology Room**

### **FAIR HOUSING FOR ALL**

Project Sentinel is an invaluable resource for housing that everyone should know about. This non-profit agency provides free and confidential services to help people resolve housing problems. Learn about how this group helps fight housing discrimination and what laws are out there to ensure that you have access to fair and safe housing.

**Date: Thursday, October 20 at 1:00 p.m.**

**Location: TBA**



WORKSHOPS

City of Mountain View, CSD, Recreation Division  
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)

# MOVIES, MOVIES, MOVIES!

Come to one of our triple showings!

**Matinee showtimes:** Tuesdays and Fridays at 1:00 p.m.

**Evening showtime:** Wednesdays at 5:30 p.m.

**Location:** Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.

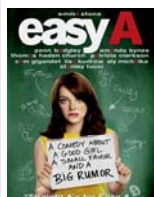


## BLACK SWAN

**October 4, October 5, and October 7**

**RATED:** R (Strong sexual content, disturbing violent images, language and some drug use) **LENGTH:** 108 Minutes

**DESCRIPTION:** In director Darren Aronofsky's psychological thriller, ambitious New York City ballet dancer Nina Sayers (Natalie Portman) lands the lead in "Swan Lake" but soon thinks her dreams of stardom are threatened by a rival ballerina (Mila Kunis). As opening night nears and the pressure to be perfect builds, Nina's obsession descends into paranoia and delusion. Portman won an Academy Award for the film, which also nabbed an Oscar nod for Best Picture.



## EASY A

**October 11, October 12, and October 14**

**RATED:** PG-13

**LENGTH:** 92 Minutes

**DESCRIPTION:** High school is the setting for this freewheeling comedic twist on Nathaniel Hawthorne's 19th-century novel The Scarlet Letter. Ambitious student Olive (Emma Stone) decides to boost her popularity by pretending to be the school slut. As the school's swirling rumor mill increases both her notoriety and her finances, Olive enjoys her newfound status but eventually must decide which is more important: popularity or self-esteem.



## BURLESQUE

**October 18, October 19, and October 21**

**RATED:** PG-13

**LENGTH:** 100 Minutes

**DESCRIPTION:** After leaving Iowa with stars in her eyes, Ali (Christina Aguilera) arrives in Los Angeles and at a burlesque lounge, where she dreams of taking the stage with her soaring voice. Club owner Tess (Cher) is about to lose the place and thinks Ali may help business. Meanwhile, Ali's roommate (Cam Gigandet) starts to fall for her in this snappy, Golden Globe-nominated comedy co-starring Stanley Tucci as Tess's sidekick and Kristen Bell as Ali's rival.



## JUST GO WITH IT

**October 25, October 26, and October 28**

**RATED:** PG-13

**LENGTH:** 116 Minutes

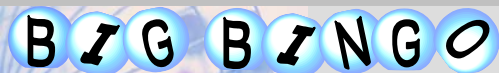
**DESCRIPTION:** When plastic surgeon Danny Maccabee (Adam Sandler) lies to his girlfriend that he is a divorced family man, he recruits his office manager (Jennifer Aniston) and her children to role-play as his ex-wife and kids -- generating a flood of farcical results and unintended consequences. Nicole Kidman co-stars.



**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

## NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, October 17, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.



- Feeling lucky?

Join us for Big Bingo on  
**Monday, October 3 at 1:00  
p.m. in the Social Hall.**

## COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

## DONATIONS, DONATIONS, DONATIONS

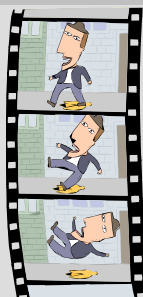
The Senior Center accepts a variety of donations, including:

- Old eyeglasses • Magazines • DVDs • Paperback books •
- FREE TABLE**—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. **SMALL** items only please!



## DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



## BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!



**SENIOR CENTER** **BOOK CLUB** - Meetings are held the second Tuesday of each month **(10/11/11)** in the Teen Center, 298 Escuela Avenue (next to the Senior Center), from 10:30 – 11:30 a.m. Up next for discussion is "Wait Till Next Year: A Memoir" by Doris Kearns Goodwin. November's book will be "The Confessions of Catherine De Medici" by C.W. Gortner.

## Technology Room Guidelines

### Usage:

- » All computers can be used on a first come, first serve basis.
- » A 30 minute limit on all computers is enforced if there are people waiting.
- » The room is closed when computer classes and workshops take place.
- » Do not change the homepage, download any software to the computer, or save anything to the hard drive.
- » Computers are for independent use and Senior Center staff does not provide computer support. However, volunteers are available on certain days/times to answer questions.

» If a computer appears to be broken or malfunctioning, please inform the front desk.

### Respect:

- » Food and drinks are not allowed.
- » Cell phone usage is not allowed.
- » Please keep feet off of the chairs.
- » Remember to clean your area and to take all belongings with you before you leave.
- » Please respect your neighbors and moderate your voice.

### Printing:

- » You may print up to 25 pages max. All pages are 5 cents each.
- » You may pick up your prints at the front desk. Pages must be paid for at that time.
- » Please pay attention to which items you are printing as all pages that are printed must be paid for (not just the ones you want).

### Health and Safety:

- » To maintain a healthy environment, please do not cough or sneeze directly on the computers.
- » Please do not block walkways with chairs or other items.



## THE IMPORTANCE OF AEROBIC EXERCISE

Did you know that aerobic exercise can prevent and slow down dementia? Exercise that gets the heart pumping, such as walking, gym workouts, and activities at home, like raking leaves, reduce the risk of dementia and slow the progression once the condition starts, reports a recent Mayo Clinic study. (See full text at <http://www.mayo-clinicproceedings.com>) Need ideas? Check out the activities below for types of aerobic activity offered at the Senior Center. Be proactive and get exercising today!



## BOWLING ON THE BIG SCREEN

Want to go bowling without having to make a trip to a bowling alley? Come bowl on Tuesdays from 4:00 - 6:00 p.m. in the Senior Center Social Hall! The Social Hall has been turned into a virtual bowling alley, and we will bowl the afternoon away using the Wii Video Game console and remotes on the big screen! Join us; all skill levels are welcome!

## NEW EXERCISE ORIENTATION DAY!

Before you use the exercise room, you must complete a free one-hour orientation to receive an exercise card.

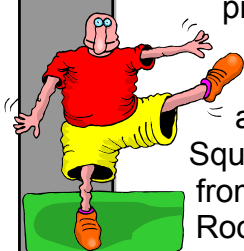
Orientations are held each week: Tuesdays at 6:30 p.m. and now **Fridays at 11:00 a.m.** Sign up at the front desk or call 650-903-6330.



## CALLING ALL SQUARE DANCERS!

Join this lively class on Fridays to learn and practice square dancing steps, while having fun and meeting new people! All levels are welcome, and no partner is needed to join.

Square dancing takes place on Fridays from 2:15 - 3:15 p.m. in Multipurpose Room A and is FREE. See you there!



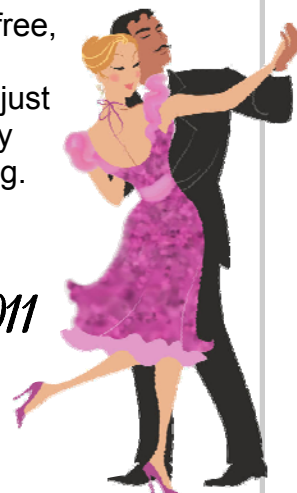
## 2011 HOLIDAY GALA

December is around the corner, which means an afternoon of holiday cheer is near! Enjoy dancing to Jerry Jay's Quartet as well as free refreshments. This event is free, and everyone is welcome! Registration is not required, just show up, show off your fancy frocks, & enjoy some dancing.

*Wednesday,  
December 21, 2011*

*4:00 p.m. to 6:00 p.m.*

*Social Hall*



## FREE HEARING SCREENING

On **Thursday, November 17, 2011**, students from San Jose State University will be offering free hearing tests accompanied by counseling on the status of your hearing, communication strategies for how to communicate when you have trouble hearing, and tips on how to communicate with people who have difficulty hearing. Registration for this free screening event will begin on **Monday, October 17, 2011** at the front desk. Register early as space fills quickly!

## FREE HOME REPAIR

Rebuilding Together is a non-profit volunteer program that provides free home repair services to low-income homeowners who are seniors and are physically or financially unable to repair their homes. Applications are available at the front desk and are due by October 15, 2011.

## VOLUNTEER CORNER

AUGUST 2011

Brown Bag	240
Lunch Program	370.5
Receptionists	170.5
Social Services	52
Teaching	249
<b>Total</b>	<b>1082 hours!!</b>



# Holiday Bazaar

**SATURDAY  
NOVEMBER 19  
2011**

Here at the Senior Center!

8:30 a.m. until 2:00 p.m.

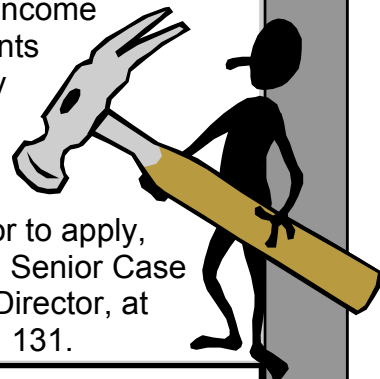
Get a jump start on your holiday shopping with the homemade crafts of the Senior's Center's Annual Holiday Bazaar. Enjoy a day of:

- ◆ Handcrafted goods for sale ◆  
*See examples of handicrafts in the display case during November*
- ◆ Live entertainment ◆
- ◆ Lunch available for purchase ◆
- ◆ Raffle ◆  
*Tickets go on sale for 50 cents each on Friday, October 21*
- ◆ Ornament Contest ◆  
*All entries must be homemade and not previously submitted. Otherwise, the limits of your imagination are your only guidelines! Deadline for submission is 10:00 a.m. on November 19.*

For more information, call 650-903-6330.

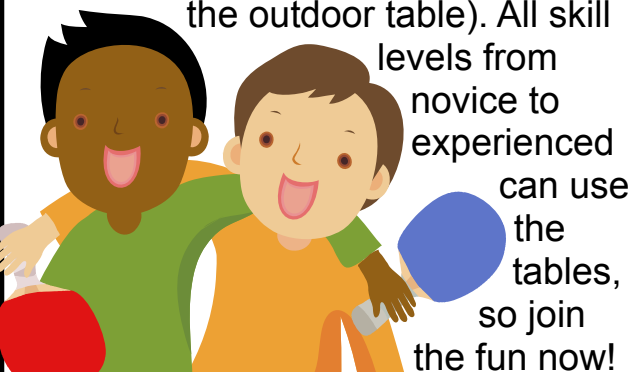
## Minor Home Repair Program

Community Services Agency has funding available through the City of Mountain View to provide minor home repairs and accessibility modifications for low-income Mountain View residents (income and residency requirements apply). Repairs will be by qualified, licensed and bonded vendors to qualifying Mountain View residents. For questions or to apply, please call Megan Perdue, Senior Case Management Program Director, at (650) 968-0836 ext. 131.



## INTERESTED IN PLAYING TABLE TENNIS?

The Senior Center's table tennis tables are open to ALL seniors who want to play! To play on the indoor tables, **you must sign up at our reception desk** for a half hour time slot (you do not need to sign up to use the outdoor table). All skill



levels from novice to experienced can use the tables, so join the fun now!

## SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2011) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: October 19, 2011 and November 16, 2011.

KEEPING CURRENT

Appointments are necessary, unless otherwise noted.  
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

**There are NO waitlists for appointments.**

## HEALTH SERVICES



**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wednesday** of each month (**10/26/11**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

**BLOOD PRESSURE CHECK** - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**10/11/11 and 10/25/11**).

**HEARING SCREENING** - Visit Dr. Tang the **second Monday** of each month (**10/10/11 from 2:00 - 4:00 p.m.**).

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month (**10/10/11; 10/25/11**).



**NOTARY SERVICE** - Offered the **first Thursday (10/6/11)** of each month. Appointments available from 8:30 - 10:30 a.m.

**PODIATRY SCREENING** - Third Wednesday (**10/19/11**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday (10/6/11, 10/20/11)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

**NUTRITION PROGRAM** - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50**, and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

## VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

VTA will be at the Senior Center on **Thursday, October 6 at 10:00 a.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16<sup>th</sup> of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.



## CSA INFORMATION + REFERRAL

On the **third Tuesday of each month (10/18/11)** at **11:00 a.m.**, agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

## AARP DRIVER SAFETY

**REGULAR CLASS** - The Safety Program class offered by AARP is scheduled for **November 8 and 15, 2011 from 6:00 p.m. to 10:00 p.m.** at the Senior Center. The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier.

**REFRESHER COURSE** - **Tuesday, December 13, 2011 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. **Cash cannot be accepted.**

**ONLINE** - Driver Safety program now available. Visit [www.aarp.org](http://www.aarp.org) for information & to sign up.

**NOTE:** AARP may cancel course if fewer than 10 students enroll.



# Mountain View Seasoned Travelers



For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and  
Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.

## BLACK OAK CASINO, Tuolumne

**WHEN:** Wednesday, October 5, 2011

**COST:** \$22.00 per person

**INCLUDES:** Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 6:00 p.m.

## TWIN PINE CASINO, Middletown

**WHEN:** Wednesday, November 2, 2011

**COST:** \$28.00 per person

**INCLUDES:** Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 6:00 p.m.

## CACHE CREEK CASINO, Brooks

**WHEN:** Tuesday, December 6, 2011

**COST:** \$33.00 per person

**INCLUDES:** Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 6:00 p.m.

## A MINER'S CHRISTMAS

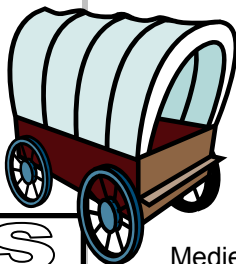
**WHEN:** Saturday, December 10, 2011

**COST:** \$78.00 per person

**INCLUDES:** Travel back in time to historic Columbia State Park for an old-fashioned Christmas of 1850s crafts demonstrations, boutique shopping, classic candy shops, period costumed inhabitants, and Father Christmas! Enjoy a matinee performance of "The Winter Wonderettes" at the Historic Fallon House Theater!

**DEPART:** 8:30 a.m.

**RETURN:** Approximately 6:30 p.m.



## 2012 TRIPS

Signups start November 3...

### "Golden Girls Of Pop Lunchtime Cabaret"

Marianne Kent sings at Imperial Palace Restaurant

### "Culinary Inspired Napa Valley Day Tour"

Learn, Sip, Shop, and Savor

### "Golden Gate Fields"

A Day at the Races

## Collette Vacations

### NETHERLANDS, BELGIUM, & PARIS

April 24 - May 3, 2012

Tour historic cities of Europe including Amsterdam, Brussels, Bruges, and Paris. Also attend Floriade 2012, an event called "theatre in nature".

Experience flora, performances, and food from around the world at this unique international event dedicated to the wonder of nature!

Starting from \$3,999\*



### CANADIAN ROCKIES & GLACIER NATIONAL PARK

July 7 - 14, 2011

Visit the breathtaking national parks of Canada, home to spectacular sights, such as "Head Smashed In"



Buffalo Jump and "Going to the Sun Road". Ice fields, glacial peaks, mountain ranges, and the Calgary Stampede are just some of what you will experience on this once in lifetime journey!

Starting from \$2,999\*

### NORTHERN NATIONAL PARKS

September 21 - 28, 2012

See Jackson in Wyoming, Yellowstone National Park, and the Grand Tetons all in one vacation! This is an invaluable opportunity to experience a wide spectrum of America's heritage from learning about the Oregon Trail to watching Old Faithful erupt to seeing an entire museum dedicated to the Idaho potato!

Starting from \$1,899\*


### DISCOVER CROATIA

October 8 - 21, 2012


Medieval architecture, tranquil lakes and Croatian charm will delight you on this tour featuring the Dalmatian Coast and Slovenia. Explore Zagreb's Old City and Plitvice National Park, where 16 lakes are connected by cascades and waterfalls. Traveling down the Dalmatian Coast, walk in the footsteps of Marco Polo on the island of Korcula.

Starting from \$3,799\*

\* Price includes round-trip airfare. May not include single supplements, cancellation waiver, or insurance.

Monday	Tuesday	Wednesday
<b>3</b> 10:30 Dancing, lunch room 11:45 Lunch Menu Teriyaki Chicken Brown Rice Sautéed Asparagus Black Bean Soup Mandarin Oranges 1:00 Big Bingo	<b>4</b> 11:45 Lunch Menu Beef Enchilada Seasonal Vegetables Roasted Red Potatoes Cantaloupe 1:00 Movie: Black Swan 4:00 Wii Bowling	<b>5</b> 7:30 Black Oak Casino 10:30 Line Dancing, lunch room 11:45 Lunch Menu Linguine with Tuna, Peas, & Bell Peppers Spinach Salad Banana & Oatmeal Cookie 12:45 Bingo, lunch room 2:30 Workshop: Growing Gardens 5:30 Movie: Black Swan
<b>10</b> 8:30 HICAP 10:30 Dancing, lunch room 11:45 Lunch Menu Beef Stuffed Bell Pepper Brown Rice Spring Blend Vegetables Fruit Sugar Free Gelatin 2:00 Hearing Screening	<b>11</b> 9:15 Eyeglass Repair 10:30 Book Club - "Wait Till Next Year" 11:45 Lunch Menu Chicken Cacciatore Pasta Squash Watermelon 1:00 Movie: Easy A 4:00 Wii Bowling	<b>12</b> 10:30 Line Dancing, lunch room 11:45 Lunch Menu Beef Stroganoff Egg Noodles Whole Grain Roll Chilled Broccoli Salad Grapes 12:45 Bingo, lunch room 5:30 Movie: Easy A
<b>17</b> 10:30 Dancing, lunch room 11:45 Lunch Menu Chicken Cordon Bleu Whole Wheat Noodles Green Beans Provincial Garden Salad w/Veggies Mandarin Oranges 2:00 Newcomers' Group	<b>18</b> 11:00 CSA Information + Referral 11:45 Lunch Menu Beef Stew Whole Grain Bread Garden Salad Sugar Free Gelatin with Tropical Fruit 1:00 Movie: Burlesque 4:00 Wii Bowling	<b>19</b> 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked Fish w/ Seasonings Brown Rice Seasoned Broccoli & Sweet Potatoes Fresh Fruit 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting 2:30 Computer Workshop: Digital Photos 5:30 Movie: Burlesque
<b>24</b> 10:30 Dancing, lunch room 11:45 Lunch Menu Boneless Pork Chop Vegan Split Pea Soup Wheat Roll Garden Salad Tropical Fruit Cup	<b>25</b> 9:15 Eyeglass Repair 11:45 Lunch Menu Egg Frittata Muffin & Laguna Blend Veggies Salad w/ Red Cabbage, Tomatoes and Carrots Blueberries 1:00 HICAP 1:00 Movie: Just Go With It 4:00 Wii Bowling	<b>26</b> 10:30 Line Dancing, lunch room 11:45 Lunch Menu B. B. Q. Chicken Whole Wheat Pasta Salad w/Veggies Apple Vanilla Ice Cream 12:30 Alzheimer's Screening 12:45 Bingo, lunch room 5:30 Movie: Just Go With It
<b>HAPPY HALLOWEEN!</b>		
<b>31</b> 10:30 Dancing, lunch room 11:45 Lunch Menu Breaded Cod Spanish Rice & Black Beans Broccoli & Cauliflower Fresh Fruit	<div>  <p><b>DON'T FORGET TO DRESS UP IN YOUR EERIEST ENSEMBLES!</b></p> </div>	



Thursday	Friday
<p><b>6</b>  8:30 Notary Service Appointments  10:00 VTA Transit Photos  10:30 Bookmobile  11:45 Lunch Menu  Garlic Chicken  Brown Rice  Baked Sesame Parmesan Zucchini  Potato Salad  Watermelon  1:30 SALA Appointments</p>	<p><b>7</b>  10:30 Blood Pressure Check  10:45 Dancing w/ Ana &amp; Irv  11:45 Lunch Menu  Glazed Baked Hawaiian Ham  Whole Grain Roll  Sautéed Broccoli &amp; Corn  Fresh Fruit  1:00 Movie: Black Swan</p>
<p><b>13</b>  10:30 Bookmobile  11:45 Lunch Menu  Salmon Stuffed Boats  Couscous  Swiss Chard  Baked Tomato  Peaches  1:00 Workshop: Sudoku</p>	<p><b>14</b>  10:30 Blood Pressure Check  10:45 Dancing w/ Ana &amp; Irv  11:45 Lunch Menu  Oven Roasted Chicken  Mushroom Gravy  Brown Rice  California Blend Veggies  Fresh Fruit  Celebrate October Birthdays w/ Birthday Cake  1:00 Movie: Easy A</p>
<p><b>20</b>  10:30 Bookmobile  11:45 Lunch Menu  Chicken Asparagus  Pecan Pasta  Caesar Salad  Cantaloupe  1:00 SALA Appointments  1:00 Workshop: Fair Housing</p>	<p><b>21</b>  10:30 Blood Pressure Check  10:45 Dancing w/ Ana &amp; Irv  11:45 Lunch Menu  Chinese Pepper Steak  Fried Brown Rice  Brussels Sprouts  Asian Vegetables  Cottage Cheese w/Fruit  1:00 Movie: Burlesque</p>
<p><b>27</b>  10:30 Bookmobile  11:45 Lunch Menu  Mediterranean Fish  Brown Rice Pilaf  Broccoli Salad  Peaches</p>	<p><b>28</b>  10:30 Blood Pressure Check  10:45 Dancing w/ Ana &amp; Irv  11:45 Lunch Menu  Vegetable Lasagna  Chicken Noodle Soup  Garlic Bread  Banana  1:00 Movie: Just Go With It</p>
<p><b>NUTRITION PROGRAM</b> - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.</p> <p> = Meal contains more than 1000mg sodium</p>	



### ACORN SQUASH WITH APPLES

Acorn Squash is a good source of vitamins A and C, potassium, and fiber. This heart healthy fall recipe is from the Mayo Clinic.

#### INGREDIENTS:

- 1 Granny Smith apple, peeled, cored and sliced
- 2 tablespoons brown sugar
- 1 small acorn squash, about 6 inches in diameter
- 2 teaspoons trans-free margarine

#### DIRECTIONS:

In a small bowl, mix together the apple and brown sugar. Set aside.

Pierce the squash several times with a sharp knife to let the steam escape during cooking. Microwave on high until tender, about 5 minutes. Turn the squash after 3 minutes to ensure even cooking.

Place squash on a cutting board and cut in half. Scrape the seeds out of center of each half and discard the seeds. Fill the hollowed squash with the apple mixture.

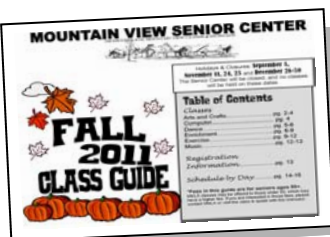
Return the squash to the microwave and cook until the apples are softened, about 2 minutes.

Transfer the squash to a serving dish. Top each half with 1 teaspoon of margarine and serve immediately.

**WELCOME to the new "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond! Halloween hauntings, history alive, class information, special Senior Center events; it's all listed here!**

Are you on **facebook**?  
Get to-the-minute updates on recreation opportunities and events by "liking" the City of Mountain View Recreation Division facebook page!

Pick up an orange Fall 2011 Class Guide now



and find information on classes that take place at the Senior Center, costs, registration information, and more!

Around Mountain View...

## MONSTER BASH!

Saturday, October 29

5:00 p.m.—8:00 p.m.

Come celebrate Halloween with your family, friends and neighbors at the Mountain View Monster Bash! An outdoor movie, "Mars Needs Moms", will be featured along with Halloween crafts, games and refreshments. All are invited to attend this FREE family event at Rengstorff Park. For more information, call 650-903-6331.

## OHLONE DAY

Deer Hollow Farm

Saturday, October 15

1:00—4:00 p.m.

Tour a replica Native American Ohlone Village and learn about the Ohlones who lived in the Bay Area for thousands of years. Enjoy hands-on activities & demonstrations of Ohlone daily life. All proceeds fund the Farm's environmental education program.

Entrance Fee: \$5

Kids under 2: Free

Deer Hollow Farm is located in Rancho San Antonio County Park, a level one mile walk from the parking lot. Email [info@fodhf.org](mailto:info@fodhf.org) for information.

## HISTORICAL HAUNTING

Friday and Saturday, November 4 & 5

7:30 – 9:30 p.m.

Halloween never ends— experience a haunted tour of the historical Rengstorff House! Tours are 30 minutes; \$10 in advance or \$15 at the door. For more information, including how to register, visit [www.R-house.org](http://www.R-house.org). The Rengstorff House is located in Shoreline Park at 3070 N. Shoreline Blvd. 650-903-6392.



## Picture Perfect: Fashion Show

Thirteen lovely models graced the Social Hall runway on Friday, August 26, 2011 for the 10th Annual Senior Center Fashion Show.



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If you would like to receive the **Senior Center Monthly Prime Time News Newsletter** via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!